



JOIN THE VOICES FOR RECOVERY:
TOGETHER WE ARE STRONGER

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Allegany County Health Department

Behavioral Health Services

Invites you to a

RECOVERY AND WELLNESS WALK

Date: Monday , September 9, 2019

Time: 1:00-2:30 p.m.

Place: Allegany College of Maryland (on the track)

This is a free event: Registration begins at 12:30pm followed by guest speakers, the recovery and wellness walk, light refreshments and door prizes. Wear your sneakers-if you walk the entire 8 laps, you will be registered in the grand prize drawing. There will be many other great giveaways for walkers and non-walkers.

**EVERY PERSON IMPACTED BY BEHAVIORAL HEALTH ISSUES HAS A
REASON TO CELEBRATE THEIR STORY AND ACCOMPLISHMENT**

COME HELP US CELEBRATE THIS EXCITING EVENT!!